



Empowering patients in the management of chronic diseases

Lately, Patient Empowerment has gained considerable attention in the healthcare field, and has become a central element in the strategy of National Health Authorities, EU bodies, the Council of Europe and WHO-Europe. In parallel, EU political decision makers have recognized that chronic diseases will increase healthcare costs in the future. This study has been commissioned to contribute to EU knowledge and facilitate the development of patient-centered healthcare policies while also feeding into the reflection on chronic disease management, a process currently held jointly by the Commission and Member States.

As an initial step and in order to deal with the complexity of the challenge, the study has agreed a working definition of Patient Empowerment: ***a process that enables people to gain control over their own health and increases the capacity of people to act on issues that they themselves define as important.***

According to the project conceptualization empowered activated patients will:

- Understand their health condition and its effect on their body.
- Feel able to participate in decision-making with their healthcare professionals.
- Feel able to make informed choices about treatment.
- Understand the need to make necessary changes to their lifestyle for managing their condition.

- Are able to challenge and ask questions of the healthcare professionals providing their care.
- Take responsibility for their health and actively seeks care only when necessary
- Actively seek out, evaluate and make use of information.

There is a short clip about patient empowerment from European Network on Patient Empowerment (ENOPE) available on YouTube, to watch it, click [HERE](#).



www.youtube.com/watch?v=z91Ner8UJ60&feature=youtu.be

The EMPATHiE project is structured in four work packages:

- **WP1.** To identify models of best practices for patient empowerment;
- **WP2.** To perform an analysis of the models of patient empowerment and present a clear identification of advantages and barriers to empowering patients;
- **WP3.** To develop a method to validate transferability of good practices, taking into account the context of other diseases, patient characteristics and those of health systems;
- **WP4.** To develop scenarios for future EU collaboration in the area of patient empowerment.

The study will have 2 phases. The first will be the **analysis** phase: WP1 and WP2. WP1 will create a catalogue of best practices. Early findings from WP1 will feed into WP2 that will identify barriers and advantages of different PE models in each of the **31**

target countries (EU states & EFTE/EEA). The main groups of chronic diseases, types of patients and different specificities of health systems will be addressed.

The second phase will focus on **transferability**. WP3 will identify methods and models of transferability of best practices. Particular attention will be paid to considering context and best conditions for these good practices. Finally, on the basis of the previous tasks, **four scenarios of possible EU collaboration** will be proposed for the medium term (10 years). These scenarios will take into account different questions such as the necessary elements to start the collaboration, the roles of the different health stakeholders, challenges and risks of these scenarios and a cost analysis at EU and Member State level.

The tender is led by FAD, **Avedis Donabedian Research Institute**; with EHFF, **European Health Futures Forum** as co-chair. FAD, CBO, **Dutch Institute for Healthcare Improvement**; **Chalmers University of Technology**, and EPF, **European Patient's Forum**, are the WP leaders, with support from CPME, **Standing Committee of European Doctors**; ENOPE, **European Network on Patient Empowerment – Danish Committee for Health Education**, **Royal College of Psychiatrists** and **Masaryk University**.



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